

FULLY INVOLVED

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**Battalion Chief
Rick Howard**

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TEAMWORK

I recently returned from the National Fire Academy after a week of Logistics Section Chief Train the trainer training. It is stimulating to sit in a class with peers and discuss ways to make large scale incidents run smoothly. Listening to those who have experiences other than mine and who have different levels of medical, fire, and community training helps bring to realization that it takes all kinds to accomplish the major task at hand.

One of the lead instructors was from a little town in central California and spent his entire career in wild land firefighting. He spent 35 years working close to Yosemite National Park. But that is all he did. No real structural firefighting experience. But these are the guys who know large scale incident command setup because they live it every year, year after year. I attended with two other Battalion Chiefs from the Salt Lake valley. Both are very experienced structural combat Battalion Chiefs. Some of the other students ranged from public health officials to a volunteer in an EOC. There were class participants that have been to other countries to gain or share knowledge, some even participated in the Katrina incident.

So what is my point? I guess it all ties in to the fact that we all need each other to make this machine we call a “department” run smoothly. All of the great companies have people working together to get major things accomplished. Look at those of us in the department who are married. What a great partnership you and your spouse have when you can get your children raised without any major issues. Some very notable partnerships include Imagine Entertainment ran by Ron Howard (Opie Taylor) and Brian Grazer, Microsoft with Bill Gates at the helm and his wife Melinda providing direction, or if you are a Yankee fan, Joe Torre and sitting on the bench next to him was Don Zimmer. A successful partnership allows you to recognize your own weaknesses, and draw on a partner's strengths, without being uncomfortable about that vulnerability. That is why incident commanders need to have a support officer to “challenge” their decisions. Not to point out flaws in the decision making process, but to allow the incident commander to rethink their tactics and strategies. Partners must value trust, they must discover how to keep their ego in check, and they must put a premium on not just brains, but human decency. If we are in an age where loss of integrity is an ever growing concern, then partnerships counter that. Partners also have to be comfortable with the way that someone else views the world. Susan and I don’t see eye to eye on many issues, she blames it on me being left-handed which allows me to use the right side of my brain differently than hers. But ultimately she is always right (wink, wink).

Henry Ford said “Coming together is a beginning. Keeping together is progress. Working together is success.” What an awesome opportunity to see fire crews working together to accomplish the tasks that are presented to them each shift. That is why it is so important to train

together. You have seen partnerships in the fire department that work flawlessly together. It is as if they are reading each other's mind. Or is it because they know what is expected of them, know their assignments, and are not afraid of asking for, and receiving, information from their partner? I think so.

The concept of teamwork is extremely important to the success of any team. All coaches talk about working as one unit, as a unified team. Teamwork and unselfishness create the backbone of a great team, without them a team cannot realistically compete. You can have a group of superstars, but if they do not work well as one unit, chances are they are not going to be as successful as you would think. The team working as one cohesive unit is going to be the key in their success. I have a list of things that coaches look at when evaluating their team. These fit well for our fire department.

1. Does your team have agreed-upon goals they created as a team?
2. Do the players openly encourage and support one another?
3. Do they have open communication with one another, as well as the coaching staff?
4. Does each player know what their role on the team is?
5. Is there mutual respect among the players and coaching staff?
6. Do players use statements such as "we" when referring to the team, or is it more of an "every man for himself" mentality?
7. Have they created a positive team image for themselves?
8. Are the individual contributions of each player recognized (regardless of whether he/she is a starter or not a starter)?
9. Is the team as a whole committed to improving performance?
10. Does each member consider themselves as a "team player?"

A productive team has players that share common goals, a common vision and have some level of interdependence that requires both verbal and physical interaction. Teams come into existence through shared attitudes about a particular sport. They may come together for a number of different reasons, but their goals are the same - to achieve peak performance and experience success. The ends may differ but the means by which one gets there is the same - teamwork. Every member of the team is accountable when it comes to teamwork.

So whether you use partnership, teamwork, marriage, or department in your terminology it all equates to the same thing. We need everyone working together to get to the desired goal each day and shift. We are all different and come from different backgrounds, but that is what makes our department unique and successful, very successful.

Check out the Flickr website below to see some pictures from our latest calls and events. We will keep it updated so check back often.

<http://www.flickr.com/photos/fullyinvolvednewsletter/>

PEOPLE ASK STUPID QUESTIONS



**Captain
Jake Beck**

Did you notice that this article's title is a contradiction? Reason implies intelligence, so if you ask a question for a reason, it cannot be a stupid question. Since all questions are asked for a reason, there are no stupid questions. Well, if there are no stupid questions, what kind of questions do stupid people ask? Guess what? There are no stupid people, only people. "Stupidity" is not a reality; it's merely a label. We stick that label on people to compensate for our own insecurity. If there were such a thing as a "stupid" person, I guess it would be someone who did not ask questions. How can we learn, if we don't ask? When we stop asking questions, we stop learning. When we stop learning, we stop progressing.

My three year old daughter Aiden tends to ask a lot of questions, not just the easy ones like, "why do you drink that (Mountain Dew) Dad, you said that is bad for you?" But the tough ones like, "Where is Heaven?" My parents have reassured my wife Diane that Aiden's inquisitive nature comes from part of the genetics that I chipped in on...but rarely get credit for. It is true, I remember frustrating the crap out of my parents growing up with my need to know everything, now I know how they must have felt.

There is a Chinese proverb that says "he who asks a question is a fool for five minutes; he who does not ask a question remains a fool forever". This is a pretty simple yet powerful concept. Unfortunately, society does not always perceive vulnerability as true power, but it is. People have taken the "fake it till you make it" approach way too literally. We all have "know it alls" in our lives (if no one comes to mind please use this article as a screen saver and read daily), and most of us try to find creative ways to avoid them throughout the day because they are so draining. If these same people grasped this concept and understood that it is better to ask some questions rather than have all of the answers, they would experience such a better quality of life. Questions precede progress, truly brilliant people ask better questions, and as a result, they receive better answers.

The question is a key aspect of both learning and knowledge creation....Yet students often seem to value the answer more than the question. I think quite the opposite. The quest to answer a question is where the learning takes place, not the answer itself. When you ask a question, you develop ownership of the question, and this sense of ownership is nothing like what you get from an answer. Today, we are drowning in information. The real power comes from the question, which organizes knowledge and directs us to the unknown. Life is not about answers; it is about questions, and the quest to find solutions to stated problems.

Developing the habit of questioning is perhaps the greatest trademark of a highly-developed mind. I believe that questioning is the ultimate tool to stimulate thinking and it is hard to dispute the usefulness and importance of cultivating this habit. How do we develop the habit of questioning? The answer, just like everything else in life, is *practice, practice, practice*. Always carry a notebook with you and keep writing questions down as they come to you. *Question everything. Become comfortable with unanswered questions.* Don't see them as problems, or as a necessary evil in your way to answers. If we were all confident enough to show a little vulnerability there would be a lot less confusion and a lot more brilliance in the world.

I have realized that being a good parent, a fair fire Captain and capable leader is less about how many answers I have and more about inspiring and encouraging quality questions. There sure is something

brilliant about how my three year old daughter's curiosity triumphs over her ego. If I am successful at this father thing-she will never place her need for acceptance over her need for information. I challenge you to never make that mistake either, go and unleash your brilliance.

Current Events



Engineer Dan Harris

Well the Fight for Air Climb has come and gone. Congratulations to Captain Curwen, Angie Andrus, Randy and Rachel Mellor for completing the challenge, and thank you for representing LFD. We were able to raise a total of \$295 for the American Lung Association. Thanks to all those who donated and to those who helped with the donation efforts.

Unfortunately I was MIA for the event. I did however have a great opportunity to attend some hands on training in San Diego California that weekend. I attended two classes, the first was on Air Management. The second was titled "Success with Less" and it covered a lot of great ideas for accomplishing safe and effective fireground operations when faced with low staffing, which we often find ourselves in.

Patrick and I have the opportunity to put on a second Air Management class the first week in April where we will be able to pass on some of the information I got from the class I attended. Also there will be a training in the future where I can pass on some of the tricks and techniques I learned in the Success with Less class. B Shift has already gotten a taste of the ladder operations.

Lehi Fire Department has been involved with putting together a collaboration of efforts for Search and Rescue Team within the Utah County Fire Departments. We are starting to see some real progress! Look for more exciting news to come about the SRT.

Coming up in June we will have the opportunity to help raise cancer awareness with the Pink Heals tour. As many of you already know, Sharee Rosqvist has been organizing a stop in Utah for the cancer awareness group where they will be coming with their pink fire engines and attending the many functions that are being prepared. So look for more on that in the months to come.

The Woodland Hills Fire Department is holding a fundraising race on March 26 th. The race will be a run or bike leg followed by a snowshoe leg. The proceeds go to the Woodland Hills Fire Department. The entry fee is \$20 or \$25 on race day. Here is the website <http://www.xaxdesign.com/YETI/YETI.html>, it looks like a lot of fun and for a good cause!

We would also like to thank Mark West for his service during the time he was employed with the Lehi Fire Department. Unfortunately Mark has decided to pursue other endeavors at this time.



CAN YOU PASS THE FIRE PREVENTION QUIZ?

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As firefighters part of our job and probably the most mundane is fire prevention; teaching people mostly children about the perils of fires. I have taught and watched different firefighters show the “movie” and then take the kids out into the bays for the fun part; showing the apparatus, that’s what the kids really like.

We need to make an effort and lasting impression on these young kids that we are serious in what we are teaching. We also need to teach on their level so they understand the lesson but as firefighters do we really practice what we preach especially in our own homes and to our own families. We all know about fire safety because we are involved in it while we are at work. When we leave work we program ourselves to leave work “there” we turn our pagers and our minds off until it’s time to return. When we turn our minds off to work and return home how many of us really practice fire prevention. How many of us have an escape plan, check our smoke/CO detectors, have a useable fire extinguisher that is the correct size, use the correct extension cords etc?



Fire Marshall Kerry Evans

"Practice Your Escape Plan!". It's not enough just to have a fire escape plan. To escape safely from a home fire you've got to make sure that everyone in the home has practiced the plan as well. Take this Fire Prevention quiz home and see how many questions you and your family can answer correctly. Good luck!

1. What percentage of households have actually developed and practiced a home fire escape plan to ensure they could escape quickly and safely?

- a. 50%.
- b. 30%.
- c. 23%.
- d. 75%.

2. Smoke alarms are needed:

- a. in every sleeping room, outside each sleeping area and on every level of the home.
- b. in all rooms in the home.
- c. in all rooms in the home except for the bedrooms.
- d. in every sleeping room and on every level of the home.

3. Smoke alarms should be tested at least:

- a. once a week.
- b. once a month.
- c. once a year.
- d. they don't need to be tested.

4. Smoke alarms should be replaced:

- a. when they chirp.
- b. when you paint the ceiling.
- c. every 10 years.
- d. every Fire Prevention Week.

5. More than half of all home fire deaths result from incidents reported between:

- a. 11:00 p.m. and 7:00 a.m.
- b. 4:00 p.m. and 6:00 p.m.
- c. 7:00 a.m. and 6:00 p.m.
- d. 1:00 a.m. and 6:00 a.m.

6. What kind of fires are the number one cause of home fires and home fire injuries?

- a. Heating.
- b. Cooking.
- c. Smoking.
- d. Electrical.

7. Heading down the hallway to the stairs and there is smoke - what should you do?

- a. Grab a towel and block your face.
- b. Run.
- c. Use your second way out.
- d. Hold your breath.

8. An escape plan should include:

- a. Two ways out of every room and an outside meeting place.
- b. Two ways out of every room and a fire extinguisher and a meeting place.
- c. Two ways out of every room, smoke alarms, an outside meeting place and practice.
- d. Two ways out of every room, smoke alarms, telephone, and an outside meeting place.

9. In a fire you may have as little as two minutes to escape however, a recent poll showed three-quarters of Americans think they have _____ before a fire can turn deadly?

- a. less than 4.
- b. less than 6.
- c. less than 8.
- d. less than 10.

10. If you want to do more to be safe at home you should?

- a. Practice your escape plan.
- b. Schedule a Home Safety Survey by calling 801-768-7130.
- c. Contact the local Fire Station
- d. All of the above!

11. How fast does a fire increase in size?

- a. Doubles in size every 30 seconds.
- b. Doubles in size every 60 seconds.
- c. Increases exponentially in size
- d. Doubles in size every 90 seconds

12. Every home owner should have at least one fire extinguisher in their home. The best place for storage is?

- a. Under the kitchen sink.
- b. In the pantry.
- c. In the front room closet.
- d. In a location where it is readily available.

13. How much gasoline can you store in your attached garage?

- a. 5 gallons.
- b. 10 gallons.
- c. 15 gallons.
- d. 25 gallons.

14. Where do most fires that are caused by children start?

- a. Kitchen
- b. Living room
- c. Basement
- d. Bedroom

15. When should you use a fire extinguisher?

- a. When the fire is between you and the phone
- b. When the fire is between you and an exit door
- c. When the fire is confined to a small area
- d. When the room is filled with smoke

16. When confronted with a fire, what is the most important decision you make?

- a. Whether to call 9-1-1 or fight the fire
- b. Whether to evacuate the home or fight the fire
- c. Whether to close the fire room door or fight the fire
- d. Whether to call your parents first or fight the fire

Check Your Answers: 1) c. 2) a. 3) b. 4) c. 5) a. 6) b. 7) c. 8) c. 9) d. 10) d. 11) c. 12) d. 13) b. 14) b. 15) c. 16) b.

CALL TOTALS

<u>Station 81</u>		<u>Station 82</u>	
Medical:	63	Medical:	29
Fire:	29	Fire:	32
Total:	92	Total:	61

Employee of the Month - Lehi City

Firefighter Shad Hatfield was named employee of the month from Lehi City. This is what his captain, Ernie Curwen had to say about Shad. "As I have observed Shad over the past months the professionalism he demonstrates is a great example of how fire personnel should act. Whether in the firehouse, on scene, and in every day life. He represents the Lehi City Fire Department as an outstanding individual and is a great example to his fellow firefighters." Congratulations Shad for a well deserved award.

Firefighter Shad Hatfield

Burger King Preplan



Engineer
Jeff Smith

This month I chose to preplan a brand new business in Lehi that opened this week. Ready for it, sound the.....Drum roll.....Bagpipe.....flute.....it's Burger King. Sorry I was listening to Dropkick Murphy's while writing this, which explains the Irish introduction. Back to the preplan, this 25,000 square foot restaurant is located at 1466 East SR 92. It is a single story structure constructed out of lightweight material. Surrounding the building is an adequate water supply coming from multiple hydrants located in Smith's Grocery. The closest hydrant is 30 feet from the A side of the restaurant. Water supply shutoff can be found on the A side of the restaurant property in an enclosed box. Walking toward the back, you will find the gas shut off and roof access on the C/D corner. Continuing to the B/C corner, you will find the electrical shut off.

As you enter the restaurant on the D side, you will find the Knox box located on the right side of the glass doors. One possible hazard encounter is a metal grated awning above the entrance. The occupancy for the restaurant is 95 people. Two doors located in the hallway lead into the cooking area. No major hazards were found in this area. All cooking stations have an Ansul extinguishing system associated with it. No other fire protection systems are present in the business. In the cooking area, the ceiling was a drop tile ceiling. In the dining area, the ceiling is open and light weight metal trusses are exposed. The roof is flat and is constructed of cellulose membrane material and contains HVAC units.

This was a basic preplan without too many problems to report. The main hazard with this business is the light weight construction. This restaurant is a prime example of a building that would be cheaper to rebuild than to use an advantageous fire protection system. Keep an eye out for these businesses and remember to think of the risk vs. benefit factor.



Featured Call - February 15, 2011

Fire Side:

“Engine 81 and Ambulance 81 respond to 1800 North State Street for a vehicle accident, car fire, victim trapped inside the vehicle.”

In the early hours of February the 15th Company 81 was dispatched to the above call. En route details stated a vehicle versus a semi-truck. The vehicle was on fire; one person was trapped inside and trying to get out. Company 82 and Battalion 81 were requested to respond by Engine 81. On arrival the vehicle was fully involved with fire. The victim was out of the vehicle lying on the road, badly burned. Ambulance 81 was tasked with rescue and care of the patient. Firefighter Cullen from Engine 81 started fire attack, and protecting the patient and Ambulance 81 crew while caring for the patient. At the arrival of Company 82, firefighter Johnson assisted firefighter Cullen with extinguishing the fire and overhaul of the vehicle. Fire was contained to only the one vehicle and quickly extinguished.

It is unclear what all circumstances were leading up to the wreck. The semi-truck was parked on the roadside, unoccupied for the night when the vehicle struck in it at a high rate of speed after leaving the roadway.



Firefighter Patrick Cullen



Medical Side:

At 0230 E81, A81, B81, T82 and A82 were dispatched for report of a vehicle fire with the driver still inside the vehicle. Dispatch had also notified Life Flight who was responding. E81, A81 arrived first. On arrival the crew was split with A81 taking patient care and E81 taking the vehicle fire. I was in a unique situation, being both the Engineer and the second Paramedic on our crew. I quickly engaged the pump, got water to Patrick, and set the pressure with the governor engaged. As we were approaching I had seen the patient, which had been pulled from the vehicle by PD prior to our arrival, the patient was severely burned to his upper extremities and his head. I knew that Clark and Brett would be overwhelmed and

Engineer Dan Harris

this patient was going to require all available help. Knowing that T82 was right behind us I left the pump panel and assisted Clark and Brett with the patient. When I arrived at the patient, it was apparent that he was still conscious and breathing. The patient had third and fourth degree burns to his head, chest, upper extremities, and thighs, approximately 40% to 50%. We quickly stripped his smoldering clothing and got him into the ambulance. Clark and Brett addressed the airway while I started to gain IO access. The patient was attempting to speak to us and, at the moment, was maintaining his airway. Clark assisted ventilations with BVM. I was able to establish an IO and flushed with lidocaine but when attempting to flow fluids, they weren't flowing very quickly so I established a second IO on the Left leg. By this time Life Flight had arrived and had RSI'd the patient Chief Kevin Kemp was the Life Flight medic and established a cricothyrotomy for a secure airway. When the patient left with Life Flight he was in stable condition and we all hoped for the best.

NEW ADMINISTRATIVE ASSISTANT



I am Angie Andrus, the new Administrative Assistant for the Lehi City Fire Department, and I have been with the department for little over two months now. Previously, I was employed with the State of Utah, working for the Bureau of Emergency Medical Services where I was an Executive Secretary for the Deputy Director. I was really involved with the State EMS Committee, the Trauma Systems Advisory Committee, as well as the Western States Conferences; this is where all the trauma directors get together and share insight on how their states trauma programs are running. I also served on SERT (State Emergency Response Team). I really enjoyed being a part of the EMS system at a statewide level.

When I am not working I am enjoying my energetic, drama filled, adorable three year old daughter. She has been my biggest blessing in life and I just can't believe how fast she is growing. . . I wish she could just stay little forever. Together we enjoy shopping, playing dress-up, being outdoors and spending time with family and friends.

My experience working for the Fire Department has been awesome! I have had the opportunity to go out on a couple calls with the guys and have watched them in action as they have assisted people in need of medical attention, as well as a fire call. I can honestly say that I have the best job. I have really enjoyed getting to know all the firefighters and watching how they love to serve our community. I am a proud Lehi City resident and I know that if I or any of my family was ever in a situation where we needed medical attention, that we would be in great hands.



BIRTHDAYS

- Trevor Dorton— March 4th
- Rick Howard— March 15th
- Sharee Rosqvist—March 15th
- Jared Carlson— March 20th
- T Hover—March 25th

